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Comprehensive Cookery

Lola M. Heffernan

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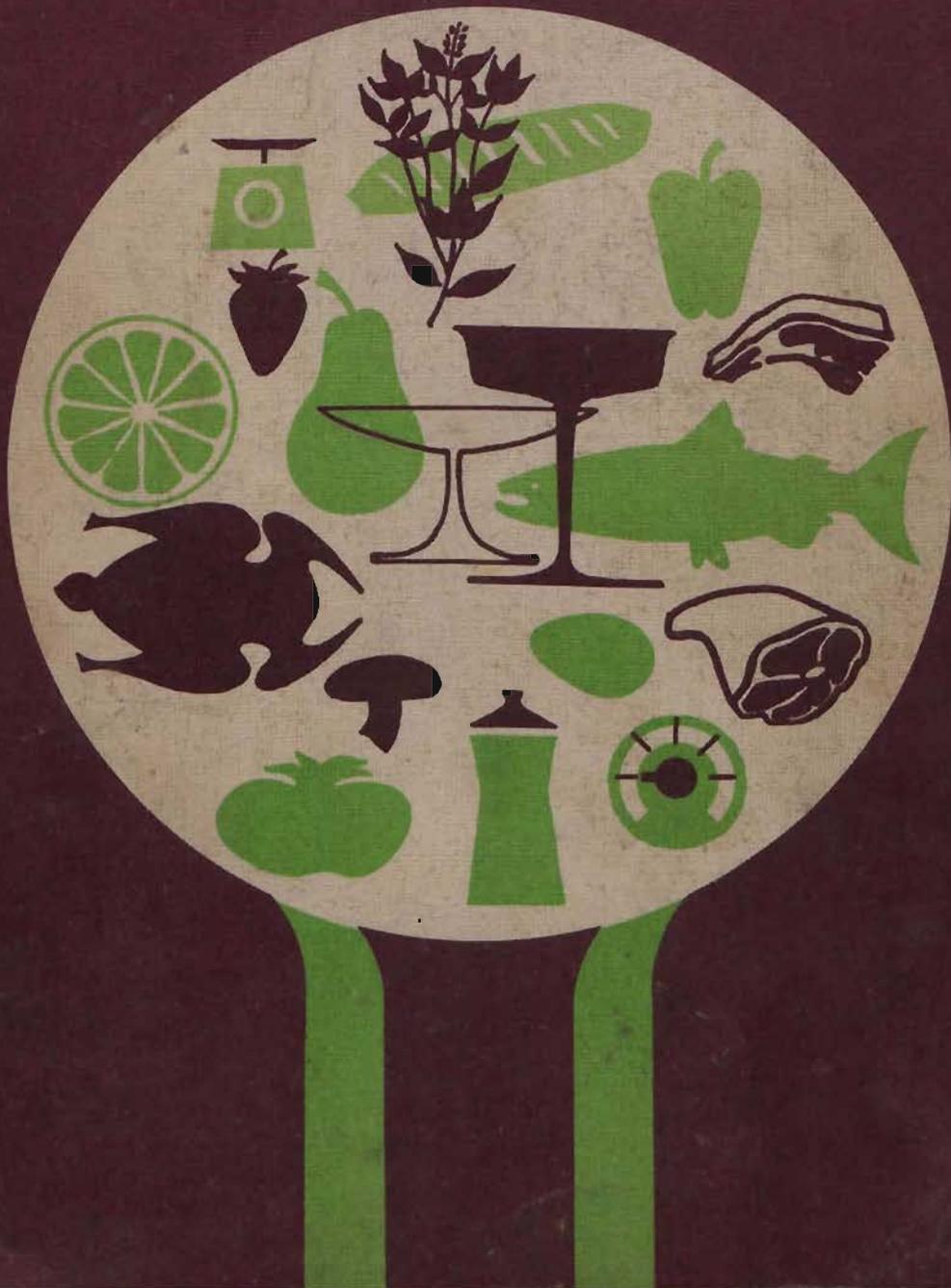


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Comprehensive Cookery

Lola M. Heffernan



Comprehensive Cookery

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Foreword

THE aim of this book is to provide a comprehensive course covering the cookery section of the Home Economics syllabus prescribed for the Junior and Senior cycles of post-primary schools.

Because cooking is both an art and a science, I have tried to balance the content of the course in such a way that as much basic instruction as possible is given while including information and suggestions which will stimulate students and encourage them to take an enterprising interest in the subject. The ability to cook efficiently and well is a considerable accomplishment, the value of which is becoming increasingly significant not only for students who will eventually become home-makers, but as a necessity for those who wish to enter the catering or food industries or many of the social and welfare services.

All cooking processes are based on the application of scientific principles to ingredients which have been carefully chosen and apportioned. Once the basic rules are understood, any number of variations may be introduced to give scope for originality. In this book I have given the basic methods. It is important to analyse and practise these first and, when they have been thoroughly grasped, then to try out other recipes. Comparison and evaluation of the results will readily indicate the suitability of the various methods to differing circumstances and occasions.

Other aspects, too, are important. The student must learn to select ingredients and know how to store or preserve them. Kitchen equipment must be explained and its management understood. For the provision of a well-balanced diet, a knowledge of the fundamentals of nutrition is essential. Consumer education, food hygiene, and the development and use of convenience foods are other important topics. In preparing what I hope teachers will find a comprehensive textbook, these and many other aspects of the subject have been dealt with as thoroughly as I consider suitable at this level.

It is not intended that the student should follow the particular sequence of chapters in which the subject matter is presented. The teacher should choose sections appropriate to the age of the class, devising a programme which suits the attainment and interests of the students. Although *Comprehensive Cookery* is primarily intended as a textbook for schools, it is hoped that it will prove useful to housewives and home-makers, not least to those following adult education courses.

This is the second of three books designed for post-primary schools. *Needlework and Dressmaking* was published a few years ago. A third book, *Home and Family Living*, will be published to complete the coverage of the Home Economics course.

LOLA M. HEFFERNAN

July 1970

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Her Majesty's Stationery Office: *Manual of Nutrition*.

The Gas Council, 59 Brynston Street, London.

The Electrical Association for Women.

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